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COLORADO

AND

ASTHMA.

DENVER, COLORADO:

ROCKY MOUNTAIN NEWS STEAM PRINTING HOUSE.

1874.

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COLORADO AND ASTHMATICS.

A few gentlemen of Denver, Colorado, truly grateful for restoration to health, from that distressing disease, *Asthma*, conceived the idea of ascertaining how many such could be found in Colorado, with a view of bringing the result of such inquiries to the knowledge of persons still suffering from that disease.

A meeting of Asthmatics was therefore convened at Denver in October, 1873, and a committee was appointed, consisting of F. J. B. Crane, Wm. B. Berger and R. W. Woodbury, to collect histories of such as could be found, and to report at a subsequent meeting.

That meeting was held on the 18th December, 1873, and was organized by calling to the Chair Dr. W. H. Newman, formerly of Kentucky, and R. W. Woodbury, formerly of New Hampshire, was elected Secretary. The Chairman of the Committee, F. J. B. Crane, then presented to the meeting something over one hundred reports which here follow:

J. E. AVERY,

Denver; last place of residence Baraboo, Wisconsin; arrived here middle of August, 1873; fifteen years very severe; am already much relieved here; am enabled to sleep nights, which I have rarely done in fifteen years.

E. T. ALLING,

329 Twenty-third street, Denver; Anoka, Minnesota; had the asthma six years, so as to unfit me for business; went to California in the Fall of 1870; found some relief, but not satisfactory; on my return, in March, 1871, came to Denver, and in one week was enabled to walk to Golden and back the second day; soon returned to Minnesota, and soon had the asthma as before; made arrangements to come back to live, and arrived here the 21st November, and found immediate and entire relief.

L. E. BROOKER,

Denver; Maine, Broome County, New York; about eleven years and very hard; got relief at once on arriving, and, until last week, have not lost a day; two weeks ago took a hard cold, and for the last week have had slight asthma, so slight that I consider myself cured.

MRS. H. L. BALDWIN,

Denver; Kanwaka, Kansas; seven years, at times, very severe; lived in Kansas since 1856; arrived here in August last; found immediate relief; and have had no asthma since reaching Denver.

J. C. BURNETT,

"Unfortunately" in Indianapolis, Indiana; suffered eight years with asthma, "which, at this moment, (November 5th, 1873) reminds me vividly of man's mortality;" spent six months in the Territory in 1871, also the last Summer; never had asthma after reaching Colorado, while I remain. I am asked, "Why I do not go there to live?" It is no easy matter to wind up business, dispose of property, sever old associations and go to a new country, and take a family that, so far as they are concerned, do not need the change—being in excellent health.

ELL BROOKS,

Denver; Birmingham, Michigan; had asthma since I was a small child; arrived here some three years since, and, at once, got relief; although I am, sometimes, troubled a little with it, not enough to inconvenience me; last Fall went to the States and nearly died with it; was so bad could not make the return journey alone; my brother came to take care of me; received relief again, at once, on arriving here.

G. A. BROWN,

Denver; St. Peter, Minnesota; from early years until about fourteen, when I supposed, for some years, I had got rid of it; began to annoy me in 1868; from October, 1872, until Spring of 1873, suffered frightfully; arrived in Denver, April, 1873; obtained relief in about three weeks; still have an occasional slight attack, but of little consequence; general health greatly improved.

F. E. BIRD,

Denver; Leavenworth, Kansas; had it, at least, thirty years; went from Boston, Massachusetts, to Iowa, and then to Illinois and Kansas; lived in Kansas eighteen years; growing worse each year; in 1859 was in Colorado nine months, and free from asthma; immediately on my return to Kansas it came on; in 1871 was here six weeks without asthma; spent another miserable Winter in Kansas, and arrived here for the third time, in June 1872; had none until last Winter when I had slight attacks occasionally; since February, 1873, have had none.

MARSHALL BRADFORD,

Denver; Aberdeen, Ohio; about four years; each year becoming worse; frequently could not lie down for a week at a time; arrived in Colorado, May, 1872; obtained immediate relief, but for the first six months, had occasional symptoms; since then have had none; until November, 1873, when I returned to Ohio and had an immediate attack, lasting while I remained, but on reaching Colorado lost it.

MRS. W. M. BLISS,

Denver; Chicago, Illinois; had the asthma eight years, increasing each year; reached Denver, October, 1871; was clear of the disease until Spring;

since Spring of 1872 have been troubled more or less, but compared with what it was before coming to Colorado, am truly thankful for the relief obtained.

DANIEL BROWN,

Denver ; Randolph, Wisconsin ; arrived in Colorado in June, 1865, and remained three years; during that time occasionally had attacks of asthma, but much less severe than in the States ; went East Spring of 1868, and had asthma sevcre during three years ; returned here Spring of 1871, and ever since that time have had more or less while in Denver, but on going to higher altitudes have escaped the disease altogether.

O. P. BASSETT,

Foot Hills, five miles above Golden, Colorado ; Chicago, Illinois ; arrived in Colorado thirteen years ago ; had the asthma two years before coming ; did not have it for seven years after arriving ; then passed two Winters in Chicago and had it very severe ; for the last six years have been troubled with it in Colorado, more in the Winter than Snmmer ; the last two Winters have been almost free from it, by staying in the foot hills ; but this Fall am hnving it in the foot hills ; think that a higher altitude would relieve me ; have had it as severely here as any where, but still have derived great benefit from this climate.

WM. B. BERGER,

Denver ; New Castle, Pennsylvania ; Twcnty-three years very bad at times ; became much reduced in general health ; experienced immediate relief on arriving in Denver, July, 1869 ; have had asthuna repeatedly since, but generally very slight attacks, and only during the prevalence of North-east storms ; last attack six months ago ; about three years since started for the East ; left Denver in perfect health, but had asthma so bad on reaching Omaha, that I was obliged to return from there, without making my contemplated trip, and was well again on arriving in Denver ; for the five years previous to 1869 travelcd very generally throughout Northwestern and Middle States ; found relief for a time on Lake Superior, also in the central parts of Europe ; I consider this *the country for asthmatics.*

CHARLES T. BELCHER,

Littleton, Colorado ; Susquehanna County, Pennsylvania ; for thirteen years have had asthma ; no physician could help me, but one advised me to come to Colorado ; arrived here nine months since, and call myself cured ; last attack more than three months ago and that a very mild one.

CLARK BOUGHTON,

Fort Collins, Colorado ; Cortland, New York ; suffered from asthma more or less for twenty years ; came to Omaha in April, 1872 ; grew worse there and for two months before coming here slept in a chair every night ; arrived in Greeley in July, 1873, but recovered so slowly that I concluded to try the mountain country ; after two weeks stay near Fort Collins was able to lie down and sleep, and have since enjoyed better health than ever before.

EMMA L. COSLEY,

Denver; resided in Lawrence, Kansas; one year a part of the time quite severe; arrived in Denver last August; asthma left me immediately, and have had none since.

E. J. CASTLE,

Pueblo, Colorado; left Chicago, Illinois, in 1869, so bad with asthma that physicians advised me to stay there and die, as no change could help me; was afflicted with the disease ten years, the last five very severe; could not sleep at Omaha and for a part of the first night in Denver; since then have never been troubled in Colorado, and have gained thirty pounds; went to Chicago in 1871 and had asthma; had traveled in various States without any permanent relief.

F. J. B. CRANE,

Denver; Detroit, Michigan; had asthma more than thirty years and bad for fifteen; for over ten years had been disturbed every night wherever I was; arrived in Denver in March, 1871; after three weeks was surprised one morning to find that I had slept all night, and did so every night after that while I remained here; went to Detroit, and, after a short time, the disease returned; that Winter suffered more than ever before; arrived here again in April, 1872, and after two weeks lost the asthma, and have never been troubled with it since; traveled in most of the United States and abroad, but change of climate did not affect me; wheezed everywhere.

GEO. H. CURTIS,

Denver; Portage, Wisconsin; for fourteen years, increasing; frequently unable to lie down for several successive nights; arrived in Denver, 12th November, 1873; found immediate relief; am not yet clear of the disease, but better than I have been latter years in other places.

B. F. CHARLTON,

Denver; Omaha, Nebraska; had asthma for fourteen years, and often very bad; reached Colorado in April, 1871; had some until June, 1871; none from that time until February, 1872; after that was troubled occasionally, but not severe until September, 1873; since which time I have had none.

MRS. S. DAVIS,

Denver; Chicago, Illinois; had the asthma eighteen years, increasing; often could not lie down for several nights; arrived here 25th September, 1873, and since have had no asthma.

PETER H. DAILEY,

Fort Collins, Colorado; Dakota Territory; had asthma fourteen years—three in the State of New York, eight in Minnesota, and three in Dakota; about the same in each place; arrived in Colorado 22d April, 1873, and have not had since the least symptom of the disease.

THOMAS H. DINSMORE,

Greeley, Colorado; State of Maine; more or less for eighteen years; the last five or ten very bad; two years ago, this Winter, so bad I could not lie down for three months; in October, 1872, came to Colorado; had no

asthma for first five weeks in Greeley; by exposure to dust, then had an attack for about a week, but for over a year have had none, and consider myself entirely cured.

J. H. ESTABROOK,

Denver; Broome county, New York; since 1837; in 1864 crossed the plains; after leaving Omaha lost asthma and have since enjoyed nine years of sound health and gained fifty pounds of solid flesh; is unable to go east of Missouri river, without severe asthma.

V. A ELLIOTT,

Denver; Omaha, Nebraska; In 1870, asthma become so bad that I was obliged to discontinue business and returned to my old home in Pennsylvania; obtained more or less relief; in April, 1872, the old enemy attacked me very severe, and had no comfort until I reached Denver in January, 1873; since have breathed comfortably; been able to do a reasonable amount of work in my profession of the law, and had but one short attack, which I think was clearly the result of exceptional causes; general health greatly improved.

W. S. ELLIOTT,

Denver; Minneapolis, Minnesota; only a short time; first attack within two years; growing worse; often compelled to sleep in a chair for nights together; arrived here about the middle of November, 1873; from that time have had no asthma.

MRS. J. I. EDWARDS,

Denver; Oquawka, Illinois; only about one year, but suffered much last winter; reached Denver during the last days of November, 1873; have not yet obtained relief from asthma, but have more vitality and can take more exercise than I could before coming here.

MRS. F. C. FARMER,

Denver; Boone, Iowa; has been a great sufferer for four years; was told by her physician on leaving for Colorado that she might live from three to six months, not longer; has been here three years, and is entirely cured.

L. B. FRANCE,

Denver; Elgin, Illinois; have lived here about twelve years; before coming had the asthma from twenty to twenty-five years; never have had an attack here, but always have it when I go east; passed some time in Maryland, Ohio, Missouri and Pennsylvania, but had the disease in each of those States.

WESLEY M. FAILING,

Denver; Albion, Michigan; had asthma for fifteen years; growing worse; frequently unable to lie down for nights together; arrived here sixth November, 1873; was so bad on leaving Albion that my friends feared I was not able to endure the journey; continued to improve and before reaching Denver, had no asthma and have had none since.

WM. FLEMING,

Fort Wayne, Indiana; for seven or eight years, at times so bad he could not lie down nights; was here first in the spring of 1872 and obtained re-

lief; disliking to leave his old home has since been here twice; always free from asthma here, and has it when in Indiana; went east during November, 1873, but expects to return again.

JOHN H. FLEMING,

Denver; Fort Wayne, Indiana; arrived in Colorado in May, 1871; previously had had asthma twelve or thirteen years; often very severe; received some relief in St. Paul, Minnesota, considerable in Nashville, Tennessee and New Orleans, but never have found such instantaneous or permanent relief as in Colorado.

D. W. GIDDINGS, Jr.,

Denver; Romeo, Michigan; fifteen years; four last very severe; reached Colorado, October, 1873; obtained entire relief on arrival and have had no return; visited the Southern States without benefit.

L. A. GIDDINGS,

Denver; Romeo, Michigan; For fifteen years; spasmodyc attacks at times very severe; arrived in Denver October 1873; no asthma since reaching Colorado; visited Southern States with partial relief.

MISS E. M. GERRISH,

East Lebanon, Maine; visited Denver from September, 1870, to August, 1872; had suffered much, being obliged, generally, to sleep in a chair; some two months after arriving in Denver was entirely relieved and although she has been in Maine since Fall of 1872, has been wholly free from the disease.

H. H. HAMILTON,

Denver; Seneca Castle, Ontario county, New York; lived here the last five years; for thirty years, frequent attacks, and severe; at least a quarter of his life made miserable by this disease; generally improved soon after arrival; in about a month after arriving had a bad attack, and for the first six or eight months occasional spells of asthma; has at times shortness of breath, but no spasmodyc asthma while here; traveled in most of the States, but found no permanent relief until he came to Colorado.

J. H. HOLLADAY,

Carlisle, Nicholas County, Kentucky; for fifteen or twenty years, constantly more troublesome, so bad that for six months at a time, did not take off my cloths to lie in bed; arrived here the 1st day of November, 1873, two weeks ago; on reaching Colorado the disease entirely left me, and have slept every night since, consequently have much improved in general health; am about returning to Kentucky as an experiment, and shall immediately start for Colorado if the disease attacks me.

P. HEADBURG,

Denver; Paxton, Illinois; for thirteen years; for the last few it increased upon me, so that at one time during the last year could not lie in bed for four months; arrived here four months since, and have slept all night, every night since I arrived after the first one; traveled in Europe but only obtained temporary relief.

A. HAMMOND,

Denver; Indianapolis, Indiana; been a great sufferer from asthma for seven years; arrived in Denver, July, 1873, and obtained immediate relief which he still has; for the first six years passed several months each year at Hot Springs, Arkansas, but without benefit.

E. J. HUBBARD,

Trinidad, Colorado; Litchfield County, Connecticut; for eleven years severe; In 1868 crossed the plains, arriving in Trinidad March of that year, and has ever been free of the disease since, except during a visit to his native home in 1870, which only lasted for three days by reason of severe asthma which left me on arriving at Ellsworth, Kansas; visited Michigan, Kentucky, Kansas and Minnesota, finding little relief.

GEORGE A. HINSDALE,

Pueblo, Colorado; Dakota County, Nebraska; for seventeen years growing worse, so much so that for two-thirds of the nights, for the three last years before coming here, could not lie down; reached Colorado in June, 1860, and obtained immediate relief; have had in the thirteen years perhaps six attacks and they slight, compared with those before coming here; am enabled to attend regularly to business; went east in October, 1871, and was nowhere free from the disease, and not able to lie down a single night from the time I left the Territory until I returned; traveled in most of the United States, but without relief.

M. D. HAMMOND, U. S. E.,

Denver; Painesville, Ohio; for two years; so bad latterly that often could not sleep in bed; arrived here early in November, 1873; since have had no asthma, and am well again.

MRS. ETTA HOLMES,

Colorado Springs, Colorado; Minnesota; for twenty years, a part of the time very bad; visiting various places with only temporary relief; arrived in Colorado in September, 1872; had one hard attack and have improved ever since and enjoy excellent health.

ALLEN HENLEY,

Golden, Colorado; Montgomery City, Missouri; about six years, growing worse each year; arrived in Colorado, June, 1873, in a hopeless condition, so much so that I required help to get from train to hotel; obtained relief at once; was enabled to walk all over Denver next day, and have had no difficulty in breathing since.

JOHN A. IDE,

Longmont, Colorado; Chatsworth, Illinois; came to Colorado two and a half years ago, and before that had suffered all his life from asthma; has had none here and can sleep out of doors, or in; never expected to be free from it.

DAVID W. JOHNSON,

Denver; Mt. Carmel, Illinois; six years, so as to render me unfit for business; arrived here in January, 1873, immediately obtained relief; went to

Chicago in June and was miserable until I returned; have not yet obtained the same relief as on first arriving, but have little asthma and am constantly improving.

ORANGE C. KENT,

From Fairbanks, Iowa; over thirty years very badly, been obliged for months at a time to sleep in a chair; came here in 1869, and recovered after a short stay; returned to Iowa and has since suffered, and is now about moving here to enjoy sleep and breath.

HERMAN H. KUILLENBECK,

Denver; Collinsville, Madison County, Illinois; four years, and so bad that often he could not lie down; arrived here in June, 1873, remaining seven weeks and had no asthma during his stay; then returned to Illinois for his family, and within twenty-four hours after arriving had the asthma severely, which continued during his stay; arrived here the second time 2d of September and again got rid of the disease.

JAMES KNIGHT,

Denver; Aurora, Indiana; had it for ten years bad, and growing more severe each year; arrived in April, 1870, and obtained relief immediately, but am sometimes disturbed nights, but nothing compared with what I suffered in the States; have been better this year than ever before.

G. E. KETTLE,

Denver; Providence, Rhode Island; for ten or twelve years; reached Colorado April, 1859, since that time have not had asthma altogether more than one month; went to Kansas last Fall, and had it severely, but none since my return.

EUGENE F. KERR,

Fort Collins, Colorado; born and lived in Iowa until January, 1873; suffered with the asthma for seven years, a portion of the time so I could not lay down; "to the best of my knowledge I have never drawn an asthmatic breath since I have been in the Territory;" never been elsewhere for the disease.

JAMES M. KUESTER,

Denver; Chicago, Illinois; for about two years very severe; been in Colorado nearly two years; before coming for months could not lie down to sleep; found relief immediately on arriving, but have had attacks at different times when contracting colds, but very light; for the past few months have been almost entirely well; sought relief in Pennsylvania, Iowa, Minnesota, Dakota and Northern Nebraska, but found little.

A. LIEBERMAN,

Two miles this side of Golden, Colorado; Detroit, Michigan; about five years, and very hard, arrived about four weeks ago; got relief immediately on arriving; have still some slight symptoms, but have been able to sleep every night, which is a new thing, and consider myself improved; have been in Texas and three times in Europe without benefit.

BERNHARD LOEB,

Denver; Marion, Alabama; three years severely; first went to the mountains, and obtained but partial relief; in Denver found relief in three

months; last nine months have had no asthma, and think myself cured; in Florida, where I went for help, found none.

THOMAS LEES,

Denver; Chicago, Illinois; arrived here in May, 1873; been afflicted with asthma for seven or eight years; the last three very much; sometimes for four to six weeks could not lie down; obtained relief on arrival; did get up with it one night shortly after reaching Denver; since have not been disturbed and have attended to business every day.

HON. R. S. LITTLE,

Littleton, Colorado; Watertown, Wisconsin; for about nine years; arrived in Colorado in 1860; obtained immediate relief, and have never had it here since; have an attack every time I go East, which continues until I return.

MRS. R. S. LITTLE,

Littleton, Colorado; Nashua, New Hampshire; suffered for six years before coming to Colorado in 1862; found immediate and entire relief on arriving, and have never had the asthma in Colorado; In 1867 went East and was so bad hastened back; utmost difficulty to breathe from the time I crossed the Missouri River until I recrossed it.

REV. A. A. MORRISON, D. D.,

Denver; from 1856 to 1861 resided in Missouri; there in 1857 had my first asthma; attacks lasting from four to six weeks, then relief; in 1861 removed to Kentucky, and the disease went with me; came to Denver in 1871; since which time have had none while in Colorado; last year spent some ten days in Nebraska City and there had the asthma; a few days after my return it left, and have no more apprehension of the disease while remaining in Colorado than of the leprosy or yellow fever.

ARCHIE MARTIN,

Denver; Hartford, Connecticut; first had asthma in 1865; in October, 1872, had to set up for eighteen successive nights; not one day free from the disease from August, 1872, to April, 1873, after that less severe; started for Colorado in August, 1873; suffered much coming through Missouri, but found immediate relief on my arrival here, and since have been entirely free from it.

JOHN MURRAY,

Denver; Chicago, Illinois; about two years; so bad last Winter that at least one month of the time could not lie down; arrived in Colorado, May, 1873; asthma has grown less; I still have some, but am enabled every day to attend to my business, which I could not do before coming here.

O. A. MCFARLAND,

Green City, Colorado; Richmond, Missouri; for fifteen years; in 1871 disease became greatly aggravated, taking a congestive form; great sufferer Winter of 1871-2; unfit for business most of the time; arrived in Colorado, April, 1872; found immediate relief, and, in three months, almost entire exemption from asthma: after nearly two years' residence, enjoy better health than for fifteen years; two of my children who had the asthma in Missouri have no symptoms of the disease here.

MRS. S. R. MONK,

Denver ; St. Joseph, Missouri ; for twenty-five years, growing more severe; troubled to lie down night ; arrived in Colorado in November, 1861; at once was better ; generally have a little cough in the morning, but consider myself quite cured of asthma.

REV. F. C. MILLINGTON,

Colorado Springs, Colorado ; Northern New York ; had asthma so severe as not to be able to lie down for several consecutive nights ; partial relief was found immediately on reaching Colorado, and now, after three years, almost entire relief ; my attacks now are *very* slight, and at *very long* intervals.

MRS. W. B. MILLS,

Denver ; Weedsport, New York ; for twelve years ; arrived here December, 1872, and remained five months ; had very little asthma during that time ; on my return East had it bad ; reached here second time in November, 1873 ; have not yet recovered from the disease, but am confident that I shall, so much so that I have come to remain ; visited Florida two Winters with temporary relief.

MRS. ROBERT MARQUIS,

Denver ; Milwaukee, Wisconsin ; for five years so bad that for weeks together could not lie down ; reached Colorado, June, 1872 ; commenced improving at once ; since arrival have had but three attacks ; last one December, 1872 ; had a very hard cough ; now, none.

W. MCCLINTOCK,

Denver ; Pittsburgh, Pennsylvania ; by inheritance predisposed to asthma first developed itself in 1865, little inconvenience until 1869, when it became so violent and frequent as speedily to destroy robust health and a vigorous constitution ; in the Spring of 1872, under care of friends I hastened to Colorado and found most happy relief ere I had crossed the plains ; after seven weeks returned to business, but only to find after two months a return of suffering with greater violence than ever before ; at once fled for breath westward, almost losing life in the ears ; after crossing the Missouri again pure air flowed freely to my lungs ; continued on to California, where I passed six months testing various localities throughout the State, only to find marked favor in the higher altitudes—localities only sparsely inhabited ; in April, 1873, arrived in Denver, only to experience disappointment for a time ; resorting to camp life in the mountains, complete relief was once more enjoyed with a surprising restoration of general health ; a return to Denver again proved unfavorable, during the months of September and October ; since, up to this time, December 18, 1873, I have enjoyed almost perfect relief, giving strongest assurance of an ultimate cure, so long as I remain a resident of Colorado.

C. H. MARSH,

La Porte, Col.; Michigan. My father had the disease, which developed itself in me in 1867 ; continued to increase, so that winter of 1870-'71 I could scarcely walk to my office, (two blocks) and, of course, unfit to

attend to business; left Michigan 11th April, 1871, and was so bad that I was obliged to lay over three times for rest; arriving at Greeley I lay down and slept through the first night, it being the first night's sleep I had enjoyed in four months; in the winter was troubled at Greeley, and started for the foot-hills, where I found a cure; am strong and well; not a man in the region that can do more work than I can or that sleeps better nights.

DR. W. H. NEWMAN,

Denver. I had my first paroxysm of asthma at Bardstown, Ky., in April, 1855. The attacks were frequent, though not severe, for the first year or two. I spent the greater part of the winter of 1858-9 in Philadelphia, where I suffered more than ever before. By 1863 I was so reduced in strength and flesh and general health that I could no longer pursue my profession at Bardstown. I rarely passed a night without frequent and violent paroxysms. Generally these paroxysms were relieved by the fumes of salt-petre, but not always. I have spent days and weeks in my room when nothing would relieve me. Chloroform, by inhalation, I have taken hundreds of times, to complete insensibility, not, indeed, to relieve the difficult breathing, for it had no such effect, but to afford a few hours of insensibility to intense suffering. In 1863 I moved to Louisville, Ky. Here, for five years, my health improved a little; but after that I relapsed into my former condition. In fact I think my sufferings were more intense in Louisville the last years of residence there than at Bardstown. I was very much troubled, too, with a cough the last year, a symptom new in my case.

On the 31st of December, 1871, I reached Denver. That night I slept well and awoke in the morning free of asthma. I had not slept a night without suffering for years. But the next night I had my paroxysms, as usual, and continued to have them every night for six months. I suffered less than usual during these six months but had several pretty severe paroxysms. About the last of the following June I had an attack as severe as any ever experienced in Kentucky. I was confined to my chair and did not sleep for four or five days and nights. With a view of breaking up this severe attack I went to Georgetown, or rather, to Silver Plume, a little town two miles beyond Georgetown and nearly 10,000 feet above the sea. Here for several nights I suffered even more than in Denver. I came back from the mountains thoroughly convinced that the air of Colorado was no cure for me. I had in six months gained thirty-six pounds in weight, but had in a week, and that during the most beautiful weather that can be imagined, lost it all. I had fully made up my mind to leave Colorado, but all at once my health improved. I slept well the first night after my return from the mountains; and with the exception of three or four nights last winter, when otherwise out of health, I have suffered none since. I still have at times slight difficulty in breathing, but with Kidder's Asthmatic Pastilles which I have used for many years, or Himrod's Cure for Asthma, which I have used lately, all asthmatic symptoms have instantly vanished. Few could have enjoyed better health than I have for

the last twelve months. The slight paroxysms alluded to have not been of sufficient consequence during that twelve months to interfere with my walking to any part of this city. I sleep well every night. I have regained, also, my thirty-six pounds of weight. I feel almost sure that after a year or so more I shall have no more asthma. I think the history of asthma in Colorado will justify the further statement I will now make; namely, that the air or climate of Colorado, either at Denver or in the mountains, will cure all the uncomplicated cases of asthma. This statement I make with a knowledge of the few rebellious cases now in the Territory that are not yet relieved, and those patients, who, after too short a sojourn, left the country without being cured.

I may add that my son, aged about twelve years, came with me to Colorado in 1871, also on account of asthma. He had had in Kentucky a little wheezing and restlessness at night, but no well-marked paroxysm of asthma. Two or three months after we got to Denver, as he still had wheezing at night, he went to Silver Plume, where in about three or four weeks he was entirely relieved. He resided in Denver for a year, then went to St. Mary's College, Kansas, where he remained five months without the slightest trouble. But when, in July last, he went to Bardstown, Kentucky, to spend the vacation, he suffered severely for the two months he was there. He returned to St. Mary's the first of September, and still has a little asthma, but he had no asthma in Colorado after his visit to the mountains.

E. L. NICKERSON,

Denver; Bangor, Maine; four years; been obliged for months at a time to sleep in a chair; during the six months I have been here have had none; traveled in many States for relief but without success.

E. H. N. PATTERSON,

Editor *Miner*, Georgetown, Colorado; Oquawka, Illinois; eighteen years severe; crossed the plains in 1857 to California and got rid of it, but had it with great severity on my return to Illinois; crossed the plains again in 1859 and left the disease at Fort Kearney, and have had it but once since and then only for half an hour, occasioned by assisting a friend in emptying feathers from one tick to another; since have avoided those dire aids to the demon of asthma, and have never since eaten a chicken until some one has removed the feathers; hope your movement will convince the doubting.

MRS. E. H. POWERS,

Denver; Minneapolis, Minnesota, and Saginaw City, Michigan; for five years very hard; have lived here three years; obtained temporary relief on arriving, but have had more or less at intervals until this time, compared however, with what I had before coming here, consider myself cured.

L. D. PRATT,

Bear Creek, Colorado; Layton, Allegan County, Michigan; more or less from youth, growing worse each year, and had it bad for more than twenty years; arrived here in February, 1870, and within four months recovered

from the disease; am occasionally annoyed a little, but the change from Michigan is wonderful; have been back twice, and once suffered much; intend to stay in Colorado.

D. G. PEABODY,

Denver; Princeton, Illinois; had asthma for fifteen or twenty years, constantly becoming more severe, so that at times could not lie down for six weeks; arrived in Denver in the Spring of 1861; during the summer had asthma slightly, but soon got rid of it and have never had it since while in Colorado; always have it when I go East for goods.

MRS. J. H. PORTER,

Denver; Waukegan, Illinois; about five years, not very severe, but growing worse; arrived here three years since; was clear of it two years; last winter returned to Illinois, for the Winter and there had it bad during my stay; returned here the first of July and have not yet entirely recovered from asthma, but am improving.

MRS. S. E. PHILLIPS,

Denver; San Francisco, California; had asthma for eight years, constantly increasing; arrived in Denver, June, 1869, and remained three months and was entirely free from the disease during that residence here; soon after my return to San Francisco had it again as bad as ever; since that time have traveled generally over California and found only temporary relief; arrived here again in November, 1873; was very feeble on leaving California, and was told by my physician that he feared I could not live there until Spring; still have some cough but asthma only in a mild form.

GEORGE RAGAN,

Burlington, Boulder County, Colorado; Missouri; suffered for several years; found in Colorado unexpected and immediate relief; a return to Missouri developed the disease anew; sought gold here, but found a greater treasure—good health.

O. D. RUSSELL,

Denver; Indianola County, Iowa; had asthma when young, and supposed I had outgrown it, but the last Winter before coming here it came upon me very severe; arrived here in February, 1872; no night since but what I have been able to sleep, and think I am entirely cured.

C. S. ROBINS,

Denver; Sterling, Illinois; for fifteen years, growing worse; for many nights together could not lie down; arrived in Denver in April, 1873, soon went to the mountains, sleeping out of doors and while I did so had no asthma; since I commenced sleeping in a house here have the disease, but slight, and am improving.

JOSIAH RICHARDSON,

Denver; Bloomington, Illinois; had asthma over forty years, growing worse each year; frequently unfit for business, and Winters always so; arrived here 13th November, 1873; found immediate relief; still have the disease slightly, but constantly improving; traveled pretty generally through the United States and Canada, but found only temporary relief.

MRS. ALMIRA ROGERS,

Boulder, Colorado; been a sufferer a number of years; reached Colorado Summer of 1872; began to improve immediately after my arrival, and now have not the slightest symptom of the disease.

MR. ROTH,

Louisville, Kentucky; have had "Hay Asthma" for many years, and tried several localities; come to Denver last Summer, and passed two months here and at Idaho and escaped asthma entirely.

HARVEY SNYDER,

Denver; Livingston County, Illinois; Twelve years severe; very much reduced; on reaching Denver obtained immediate relief, and have had no attack since; traveled in the States, but without affecting the disease.

COLONEL E. H. SELKIRK,

Denver; Albany, New York; one year without relief for any length of time; arrived here 7th October, 1873; when the asthma left, and have had no return.

WM. SECHRIST,

Denver; Freeport, Illinois; twenty years "Hay Asthma;" never had it here, but it returns immediately on leaving Colorado; have traveled in the Lake Superior country and Minnesota without relief; here is the only place where I am well.

J. D. SEATON,

Denver; Duluth, Minnesota; over twenty-five years, and so bad that for ten years have not slept a single night without disturbance; arrived here five months ago, and for five weeks improved until at the end of that time was enabled to sleep the night through, and every night after while I remained; after two months' stay went to Duluth, and was, at once, an asthmatic again; returned to stay, five weeks since, and within ten days got rid of the asthma; traveled in Illinois, Western Texas, Mexico and Cuba without relief.

E. L. SCHOLTZ,

Denver; Des Moines, Iowa; had it for fifteen years; was here in 1870 for three months; recovered and returned, but was there soon worse than ever before; so much so that for more than three months, before 9th of October, 1873, when I arrived here the last time, had not slept in a bed; the first night after I reached here had sweet sleep, and every night since being entirely free from asthma.

J. P. STEELE,

Denver; Monmouth, Illinois; suffered for four years, the last two very much; arrived in Colorado during the Summer of 1873, and obtained immediate and entire relief from that time.

REV. ROBERT F. SAMPLE,

Denver; my place of nativity in New York, and my residence for several years in Eastern Pennsylvania; I was compelled by a severe asthmatic affection to remove to Minneapolis, Minnesota, where, for seven years, I enjoyed almost entire exemption from my troublesome disease; at the end of that time the favorable influence of the climate ceased, and my disease

returned ; subject for nearly a year to severe paroxysms of asthma, and bronchitis supervening ; I came to Denver last June ; in one week after my arrival every asthmatic symptom disappeared, and I continued well during my stay ; about the last of the following September I concluded to return home ; an hour after reaching Omaha I was laboring for breath ; in Minneapolis the disease was held in abeyance, but daily discomfort determined me to return to Denver in December, and here I have repeated the grateful experiences of the early Summer ; if there is any climate which may be regarded as a specific for asthma it is that of Colorado ; have been an asthmatic for twenty years ; experienced some relief in Europe ; more on the sea.

HARRY SCOTT,

Denver ; Jacksonville, Illinois ; about ten years, growing worse ; often have been obliged to sleep in a chair for several nights at a time ; arrived here in September, 1873 ; obtained immediate relief, and have had none since, except a slight attack soon after reaching Colorado while in the mountains, having there been exposed.

HORACE G. SMITH,

Denver ; Waukegan, Illinois ; about nine years, growing worse ; had not been able to lie down for six years before coming here ; arrived here in November, 1871 ; for the first year had it slightly, and am now enabled to go about my business every day ; was in Florida and found no relief.

WILLIAM SANDERS,

Denver ; Kidder, Missouri ; for three years, and so bad as to unfit me for business ; compelled to sleep in a chair at times ; much reduced in flesh and health ; heard this country was a sure cure, and now believe it, for I am constantly gaining in health ; having arrived here in June, 1873.

MRS. W. H. SMITH,

Denver ; Lawrence, Kansas ; from childhood, growing worse until out of sheer desperation I came to Colorado, where I arrived in February, 1873 ; for two or three months succeeding I had two or three very light attacks, but since then have been entirely free ; I give this information freely, gladly, feeling thankful every day of my life, that there is a place in God's world, that I can breathe His air with comfort and ease.

GEO. L. TAYLOR,

Denver ; Iowa City, Iowa ; first fourteen years ago in Pennsylvania ; received relief for some time by removing to Iowa ; had a bad attack there during the last Summer ; arrived here in September, 1873, and since have had no symptom of asthma.

HERVEY TUFTS,

Denver ; Warsaw, Illinois ; about twenty years, becoming more severe each year, so that latter years, for two or three weeks at a time could not lie down ; reached here June, 1870, and from arrival until October of that year did not have the disease ; it then commenced to trouble me and did so more or less all Winter ; in March, 1871, had my last asthma.

J. G. TAYLOR,

Denver; Huntsville, Alabama; suffered from Asthma for eight years; arrived here last January and have had none since.

JOHN B. TRIPPLETT,

Denver; Princeton, Illinois; for three or four years, and increasing; often compelled to sit up nights; arrived here 19th November, 1873, and since have slept every night, and think I am about clear of it.

MRS. H. L. THAYER,

Denver; Lansing, Michigan; for seven years a great sufferer from asthma; in the Spring of 1866, a trip was made across the plains from Fort Leavenworth to Fort Lyon; fatigue and exposure during the trip resulted in severe sickness; after two weeks stay at Collins, the asthma entirely left me, and I enjoyed breathing as only asthmatics can for seven months; traveled generally in Colorado, but had no asthma until my return to the States, when the old enemy appeared in a more aggravating form than ever before; in 1869 returned to Denver, remaining a year without one touch of asthma; twice since have visited Michigan, once having the disease badly and once suspicious symptoms; never have the disease in Colorado, and consider myself well; visited New York, Virginia, District of Columbia and Kansas without relief.

ALBERT H. THACKER,

Son of Dr. Wm. H. Thacker, Denver; Fort Wayne, Indiana; born with the asthma which lasted him for eighteen months; left him three months after arriving here, and had entire relief for the last eighteen months.

PHILIP TAYLOR,

Denver; Mason, Michigan; since 1861, not during the daytime, but nights; at times could lie down for part of a night, but was compelled to set up for a week at other times; arrived in Colorado 2d November, 1873; not lost a night's rest since, and feel like a new man—not having enjoyed such health in ten years.

J. M. VAN CAMP,

Denver; Birmingham, Michigan, formerly from Syracuse, New York; twelve years, increasing, and, last year very severe; on arriving here in May, 1870, and since while here have had no asthma; went to the States last Winter and suffered more than ever; on returning was enabled in Kansas to sleep for the first time without medicine, and have not had it since; traveled in many of the States, but without effect on disease.

J. VORHIES,

Lexington, Kentucky; had asthma for several years, at times very severe paroxysms; came to Denver last Spring; was entirely cured; went to Chicago last Fall; am again suffering; think I will return to Colorado.

C. M. WHITESIDE,

Denver; Madison, Wisconsin; thirty-three years the worst kind so that for more than two years at a time could not lay down; came here in 1869 and obtained relief at once, and for more than a year, so much so that I considered myself cured and started for the State of New York; was at once attacked badly; went from there to Southern part of Indiana, from there to Wis-

consin, where I was unable to lie down nights and came here in the Spring of 1873 to stay; am not entirely clear yet, but improving and am sure I can live here without the asthma.

S. W. WILLIAMS,

Denver; Janesville, Wisconsin; from birth (eighteen years); increased until I was miserable; suffered much in a house and felt best walking in the open air, which I did while strength lasted; arrived in Colorado in September, 1871, and have not since left the Territory and never intend to as I have not had one symptom of the asthma since I reached it.

MRS. SARAH B. WEISER,

Georgetown, Colorado; Pennsylvania; has had the asthma eighteen years; arrived in Colorado in the early part of 1872, have since taken no medicine and had no asthma.

DAVID L. WILSON,

Colorado Springs, Colorado; Waco, Texas; since 1862; first attack in Virginia; was told to go South and did so, with only temporary relief; not then knowing Colorado traveled in Mexico and Cuba; spent four years in Brazil, where it rains all the time; by this time became so reduced in flesh that I could scarcely walk, weighing but one hundred and eighteen pounds; reached Colorado in August, 1872, now weigh one hundred and fifty pounds and say "to all asthmatics come here, which is the best place for them on the face of this earth."

B. F. WOODWARD,

Superintendent Western Union Telegraph Company, Denver; Had first attack while traveling in Illinois at the age of eighteen; residing at the time in Pittsburgh, Pennsylvania; remained four years in Pittsburgh; attacks increasing in frequency and severity; removed to Fulton, Illinois in 1856; resided there seven years; suffered very much while there, especially during last two years; believing I could not live six months unless I found relief, started in the Spring of 1863 for California; having never heard of the beneficial effects of the climate of Colorado, had a business offer and decided to try this country before going to California; was relieved during first twelve or fifteen months here but not cured; had comparatively slight attacks as frequent as perhaps once a month, but for between eight and nine years have considered myself well.

W. K. WILSON,

Denver; Fulton, Missouri; had all his life, at times very severe; slept in a chair many nights at a time; arrived in Denver, March, 1873; found immediate relief on reaching Colorado which has continued; visited California; was free as long as I remained in the mountains, but took asthma so soon as I came down.

R. W. WOODBURY,

Denver; Manchester, New Hampshire; has been troubled in New Hampshire, Virginia and South Carolina; can never go East without being badly affected; never had a touch in Colorado since his arrival in 1866.

FRED WALTHER,

Denver, Syracuse, New York; for a long time, but the last two years quite
(3)

severe ; arrived here in August, 1873 ; have been relieved but not entirely cured, but am much better than before leaving Syracuse ; visited Florida last Winter and obtained some relief but was worse than ever on returning to Syracuse.

JOSHUA WOODWARD,

Fort Collins, Colorado ; Columbiana County, Ohio ; suffered more or less from childhood ; for the past five years almost constantly, most of the time with a bad cough ; experienced relief on arriving in Colorado and had no more symptoms of the disease for about three months when I had a severe attack from which I have not yet recovered, although not as bad as in the States in this season ; visited Southern Illinois, Alabama and Texas with only partial relief.

MRS. O. E. WISE,

Erie, Colorado : arrived here three and a half years ago, completely prostrated with asthma, which I had suffered with for twenty-five years ; after being here nearly a year I began to despair ; my health was no better and thought seriously of returning to my old home in Wisconsin ; at the end of thirteen months there was a change in my health for the better ; since have continued to improve, and now, December, 1873, am better than I, in my most sanguine moments, ever hoped to be. My daughter, fourteen years of age, an asthmatic from birth, came with me to Colorado and is becoming strong and healthy.

J. W. WELLS,

Louisville, Kentucky : has had "hay asthma" for many years ; came to Denver last summer and spent two months at Denver and Idaho ; escaped asthma entirely ; had before tried various localities.

L. A. WATKINS,

Denver ; St. Louis, Missouri : for twelve years, constantly increasing ; troubled to lie down nights, and at one time could not do so for three weeks ; no sleep without aid of drugs ; arrived here about the middle of October, 1873 ; almost immediate relief ; have slept every night since ; sent back for my family and intend hereafter to reside here ; traveled in the United States and Europe and found no relief.



Several of the Physicians of Denver were present and on request of the meeting, the Medical Association of Denver has furnished the following to be published with the pamphlet :

WHEREAS, A number of citizens of Colorado who have suffered, or who are suffering still from Asthma, are now preparing for publication a pamphlet containing in detail a history of their individual cases, showing that the vast majority of such cases, if indeed not all, are cured or benefitted by the climate of Colorado, and,

WHEREAS, Said Asthmatics have called upon the Medical Association of Denver to express their views on this subject, formed from long residence in the Territory and extended observation, it is therefore

Resolved, That in the opinion of the above Medical Association, the climate of Colorado, in and about the range of the Rocky Mountains, has a wonderful curative power over Asthma; that nearly all such patients coming into this climate are relieved—at least so long as they remain here; and that all, if not entirely relieved, are sooner or later benefitted, with the exception of those cases dependent on, or complicated with, organic disease of the heart or lungs.

HENRY K. STEELE, M. D.

President Denver Medical Association.

H. J. PRATT, M. D.,

Secretary.

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The Committee caused notice to be inserted in the public prints, asking *all*, whether cured or not, to report, and have presented all that could be obtained, but are of the belief that not half, or probably one-quarter, of those in Colorado have responded. It will be observed that some are better in higher and some in lower altitudes, and that *all* are improved.

One of the Committee, surprised at so much sunshine, has observed since July, 1872, and unless it was during June in 1873, when he was not in Denver, there have been but three days, that the sun was not seen.

We feel compelled to state for the information of such as may think of coming here to obtain employment that if they are to depend on employment for their support that they had better be sure of some prospect of work before leaving home, or come with the means to support themselves until they can obtain something to do. All kinds of industry, at this time (December, 1873), are more than full.

F. J. B. CRANE,
WM. B. BERGER,
R. W. WOODBURY, } Committee.

DENVER, COLORADO, December 29, 1873.

ALTITUDES.

Among questions frequently asked are the altitudes above the sea level of certain points in Colorado. The facts are not yet well settled, various observers differing considerably in their figures. The following are approximately correct:

Denver,.....	5,250	feet.
Golden,.....	6,200	"
Central City,.....	8,300	"
Idaho,.....	7,800	"
Georgetown,.....	8,450	"
Caribou,.....	9,200	"
Boulder,.....	5,550	"
Greeley,.....	4,750	"
Colorado City,.....	6,350	"
Pueblo,.....	4,400	"
Trinidad,.....	5,800	"
Tarryall,.....	9,900	"
Fairplay,.....	10,000	"
Twin Lakes,	9,000	"
Hot Springs, in Middle Park,.....	7,700	"
Boulder Pass,.....	11,700	"
Berthoud Pass,	11,020	"
Argentine Pass,.....	13,000	"
Breckinridge Pass,.....	11,000	"
Long's Peak,.....	14,300	"
Gray's Peak,.....	14,251	"
Mount Lincoln,.....	14,190	"
Mount Harvard,.....	14,260	"
Mount Yale,.....	14,078	"
Pike's Peak,.....	14,216	"
Summit of Divide, where Rio Grande railway crosses it,.....	7,040	"

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